

# Resources for those struggling with Addiction



**What is Addiction?** Addiction is a disease. Addiction causes people to continue to misuse drugs including alcohol, opioid drugs (such as some pain medications, morphine and heroin), and other substances though they may have harmful consequences. Even if a medicine is prescribed for you legally, its effect on you or your behavior can lead to addiction. Addiction can permanently change parts of the brain used for making decisions, memory, and self-control.

**What kind of options are there for addictive care?** Recovery from addiction requires a lifetime commitment. Fortunately, there are many treatment options. They include Detox, Inpatient Rehabilitation, Partial Hospitalization, Outpatient care, Sober Living, therapy and support. Some people benefit from substitution therapy like Suboxone and methadone programs.

## What are some resources to help with Recovery?

- MA Substance Abuse Information Helpline [www.helpline-online.com](http://www.helpline-online.com) (800) 327-5050
- Wicked Sober, Inc. <http://wickedsober.com> (855) 953-7627
- Substance Abuse & Mental Health Services Administration-SAMSHA  
<https://findtreatment.samsha.gov/TreatmentLocator/faces/quickSearch.jspx>
- Detox Centers. Some resources for detox are listed below. It is important to call and check availability and whether or not the program accepts your insurance. You will likely need to keep calling to see if there is a bed available.

Program	Location	Phone	Program	Location	Phone
Adcare Hospital	Worcester	800-345-3552	Faulkner Hospital	Jamaica Plain	617-983-7711
Baldpate	Georgetown	978-352-2131	Gosnold	Falmouth	800-444-1554
Bournewood Hospital	Brookline	617-469-0300	NORCAP	Foxboro	800-331-2900
Lahey Behavioral Services	Boston Danvers Tewksbury	617-247-1001 978-777-2121 978-259-7000	High Point	Plymouth Brockton	800-233-4478 800-734-3444
Community Health Link	Worcester	508-860-1200	Saint Elizabeth's Hospital	Brighton	617-789-2574
Dimock	Roxbury	617-442-9661	Spectrum	Westborough	800-366-7732
Emerson Hospital	Concord	978-287-3510	SSTAR	Fall River	800-937-3610
			VA Hospital	Bedford	781-687-2275



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### What are some support resources?

#### **Narcotics Anonymous (NA) Meetings**

(866) 624-3578 | [www.newenglandna.org](http://www.newenglandna.org)

#### **Alcoholics Anonymous (AA) Meetings**

(978) 957-4690 | [www.aaboston.org](http://www.aaboston.org)

#### **Al-Anon/Alateen (Family/Friends)**

(888) 425-2666 | [www.al-anon.org](http://www.al-anon.org)

#### **Families Anonymous (Family/Friends)**

(800) 736-9805 | [www.familiesanonymous.org](http://www.familiesanonymous.org)



#### **Learn to Cope (Family/Friends)**

(508) 738-5148 | [www.learn2cope.org](http://www.learn2cope.org)

This support group for the parents, family members, spouses, and caregivers of people who have addictions to opiates, alcohol, or other drugs meets

#### **The Cambridge Needle Exchange and Overdose Prevention Program**

(617) 599-0246

Provides free safe and confidential space for injection drug users to access sterile injection equipment, safe disposal, risk reduction strategies, overdose prevention education and Naloxone (Narcan), case management, linkages to care, and testing for HIV, HCV and STIs. 359 Green Street in Cambridge.

### What should I know about Narcan?

Narcan is a drug that may reverse an opioid overdose. It only works for 30 to 90 minutes. Everyone who takes Narcan must go to the emergency room to be fully treated.

**How can I get Narcan?** Narcan is legal to carry in Massachusetts. You have to have a short training to learn how to use Narcan. You can get Narcan:

- With a prescription from your doctor that you bring to a pharmacy.
- From a pharmacy without a prescription from your doctor (over the counter). Some pharmacies like CVS and Walgreens have this service.
- At a Learn To Cope meeting (<http://learn2cope.org/>)
- At the Overdose Prevention Program (<http://odprevention.org/narcan-resources/>) 617-599-0246



#### **Mount Auburn Hospital's Prevention and Recovery Center (PARC)**

Provides individual and group therapy outpatient treatment for substance related problems. Call 617-499-5051 for more information.



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